Clear All

Colon Hydrotherapy

This exam requires careful preparation!
Read through these instructions carefully at least 7 days prior to your procedure.
Call office at 601-355-1234 with questions.

A WEEK BEFORE your procedure, you will need to:

- Purchase a bottle of Milk of Magnesia
- Purchase Dulcolax (Bisacodyl) 5mg tablets *(you will need 6 tablets)*
- Purchase Hydration fluid with Electrolytes. (*Ex. Gatorade, Powerade, Body Armor, Pedialyte, Vitamin Water, Propel, or Smart Water*).

_____
Patient Name

_____ None
Patient ID Doctor

Date: _____

Natural Wellness H2o Center Check-in Time: _____ None
7 Lakeland Cir Ste 200 Jackson, MS. 39216 (601-672-1084)

Flowood Endoscopy Center Check-In Time: _____ None
2510 Lakeland Dr. Flowood, MS 39232 (601-355-1234)

You are taking None/Denies
You should take the last dose on _____.

_____ to _____ (TWO & THREE DAYS) BEFORE your procedure,

- Follow the Colonoscopy Diet Guidelines and start a low-residue diet by eating the recommended foods on the list (included).
- **6:00 pm each evening:** Take 3 Tablespoons of Milk of Magnesia. (May take dose at 8:00 pm if your schedule does not allow 6:00pm dose.)
- Drink a minimum of 8 oz. of fluid every hour each day until bedtime for hydration. *(Drink something with electrolytes, ex. Gatorade, Powerade, Body Armor, Pedialyte, Vitamin Water, Propel, or Smart Water.)*

_____ ONE DAY BEFORE your procedure: continue

- **Begin a clear liquid diet**. Do not eat any solid food or dairy until your HYDROTHERAPY and Colon procedures are complete. Clear liquids include water, clear juice, black coffee, tea, broth, Jell-O, soft drinks, and popsicles (nothing red or purple, no dairy products, no orange juice, no alcohol)
- Drink a minimum of 8 oz. of fluid every hour until bedtime for hydration.

TAKE DUCOLAX LAXATIVE (Swallow; do not crush or chew!)

5:00 pm: Take 2 tablets of DULCOLAX (Bisacodyl).
7:00 pm: Take 2 tablets of DULCOLAX (Bisacodyl).

9:00 pm: Take 2 tablets of DULCOLAX (Bisacodyl).

May take **DUCOLAX** at earlier times in the day, if preferred.

Drink a minimum of 8 oz. of fluid every hour until bedtime for hydration.

_____ The DAY OF your Hydrotherapy and Colon Procedure

- **You may drink clear liquids until you check in for Hydrotherapy**.
- Take blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
- Use respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
- DO NOT TAKE your diabetic medication (pills and /or insulin). If on an insulin pump, continue basal rate.
- Bring your medication list with dose and strength, insurance card(s), and identification or driver's license.
- Do not wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.
- **After the Hydrotherapy, drive to the Flowood Endoscopy Center to check in. Do not eat or drink anything until your colon procedure is completed.**

COLONOSCOPY DIET GUIDELINES

LOW RESIDUE DIET

Follow prep sheet instructions for timing:

A low residue diet reduces the amount of food that stays in your bowels after you eat. Follow the low-residue diet for a short time before your colonoscopy to make sure your bowels are clean and empty. This lets the physician see as much of your bowel as possible during the colonoscopy.

Foods to avoid while on this diet include (but not limited to):

- Raw fruits and vegetable (lettuce, corn, tomatoes, etc.)
- Seeds, nuts and legumes (no popcorn, peanuts, etc.)
- Juices with pulp
- Milk and milk products (no more than 1 cup per day)

If you have any medical contraindications to anything on the recommended food column, please avoid them entirely or consult your doctor.

RECOMMENDED FOODS	FOODS TO AVOID
White breads, pasta, rice, peeled potatoes	Breads with nuts, seeds, or whole wheat, potatoes with skin, brown or wild rice
Tender cooked or canned veggies without seeds, including carrots, green or wax beans, pumpkin, spinach, lima beans (Do not eat canned corn)	Raw or steamed veggies, veggies with seeds, cabbage, Brussels sprouts, cauliflower, beans, peas, corn, broccoli
Strained fruit juice, canned fruit (except pineapple)	Prunes or prune juice, raw/dried fruit, all berries, figs, dates, raisins
Milk, yogurt, cheese	Yogurt with seeds or nuts
Ground beef, other well-cooked meats and fish	Tough, fibrous or rare meat
Plain cakes and cookies, creamy peanut butter	Nuts, seeds, coconut, popcorn, jams, marmalades, preserves, crunchy peanut butter

CLEAR LIQUID DIET

Follow prep sheet instructions for timing:

A clear liquid diet is defined as any liquid you can shine a light through, that is not foggy or cloudy, and is not red or purple.

- Water, sports drinks, sodas, apple juice, white grape juice
- Clear broths, gelatin, popsicles (yellow or green)
- Black coffee and tea (sugar or sweetener is allowed but **NO** milk/creamer or non-dairy creamer)
- **DO NOT EAT ANYTHING RED OR CONTAINING RED DYE.**
  - ➢ Avoid flavors such as strawberry, cherry, watermelon, grape, and orange.

NO SOLID FOOD, NO MILK PRODUCTS, NO NON-DAIRY CREAMER, NO ORANGE JUICE, AND NO ALCOHOL.

GI Associates & Endoscopy Center

COLONOSCOPY PREP INSTRUCTIONS

This exam requires careful preparation!

Read through these instructions carefully at least 7 days prior to your procedure.*

Notify the office, as soon as possible at (601) 355-1234:

- If you have had any changes in your medical history or medications, and/ or you have recently been in the hospital or emergency department since you scheduled your procedure.
- If you take blood-thinner medication (like Plavix, Eliquis, Xarelto, Coumadin) and have not received special instructions on when to temporarily hold your blood thinner prior to your procedure.
- If you have fever or any symptoms of the flu, COVID, or other respiratory infections within two weeks of your procedure or if you have been exposed to someone who has had the flu or COVID.
- If you must cancel your procedure. There will be a fee of $150.00 if not cancelled at least 48 hours in advance.

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time; and more importantly, fecal matter left in the bowel can hide important conditions that may be present.

1. **Responsible Adult -** You will be given medication to make you sleepy. You must have a responsible adult, 18 years of age or older, to drive you home. In the event the driver is a licensed minor, a secondary adult must be available to sign the discharge paperwork.
2. **Blood Thinners -** The most common of these include but are not limited to:

Aggrenox (aspirin/ dipyridamole)	Effient (prasugrel)	Miradon (anisindione)	Savaysa
Arixtra (fondaparinux)	Eliquis (apixaban)	Plavix (clopidogrel)	Ticlid (ticlopidine HCL)
Brilinta (ticagrelor)	Heparin	Pletal (cilostazol)	Xarelto (rivaroxaban)
Coumadin (warfarin)	Lovenox (enoxaparin sodium)	Pradaxa (dabigatran)	

These medications can increase your risk for bleeding and will need to be temporarily held in the days before your procedure. There may be risk involved in stopping your blood thinner medication, even temporarily. Please discuss with your prescribing physician if you have any questions or concerns about holding your blood thinner as directed. Directions, if indicated, are located on the prep instructions.

3. **Diabetic Patients**
   - Monitor your blood sugar closely to prevent low blood sugar during the prep.
   - If you take insulin, we will try to schedule your procedure in the early part of the day. **Do not take Humulin, regular or NPH insulin** before arrival on the day of the procedure.
   - If you have an insulin pump, continue on your usual basal rate the morning of your procedure. When eating again, you can resume bolus doses.
   - If you take any other insulin preparation such as Lantus, Humalog, or 70/30 Insulin then **you MUST CONTACT YOUR PRESCRIBING DOCTOR FOR INSTRUCTIONS.**
4. **Procedure Day**
   - **Current/updated medication list is required.** Please bring a list of your current medication, including strength and dosage, with you to the procedure.
   - **Health Insurance Card(s) and Photo ID –** Please bring with you and provide at check in.
   - **Please leave valuables at home.** We are not responsible for broken or lost items.

GENERAL HINTS AND REMINDERS

- If you have any questions about these instructions or problems with your bowel prep, please check our web site at www.gi.md or call (601) 355-1234 and ask for your doctor's assistant.
- Be sure to drink 6-8 cups (8 ounces) of water each day leading up to your procedure. The more you drink and hydrate, the better your prep will be!
- If you take oral medication(s), do not take it within 1 hour of starting each dose of prep.
- Individual responses to laxatives do vary; this prep may cause multiple bowel movements. This prep often works within 30 minutes, but it may take as long as 4 to 6 hours. Plan to be at home, close to the bathroom, when drinking the prep.
- You may feel "cleaned out" before you finish all of your prep solution. You must take the entire prep. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.
- Multiple bowel movements may irritate the anal areas; clean thoroughly after each bowel movement to reduce irritation. Consider trying flushable wipes or Tucks pads for rectal irritation. Do not use Desitin ointment.
- Try these tips if you get nauseated: drink the prep through a straw, sip on broth or carbonated soda (like ginger ale or lemon-lime) between glasses of prep, suck on a piece of hard candy between glasses of prep. Additionally, lie on your left side to reduce nausea; lying flat may make it worse.
- If you experience nausea, bloating, or vomiting, wait 30 minutes before drinking more fluid and take small sips.
- If you experience **severe nausea and/or vomiting** and are unable to continue your prep, call our offices at (601) 355-1234.
- The check-in (arrival) time is NOT the time your procedure will begin. You are asked to arrive early to allow for registration and preparation.
- Wear comfortable, loose-fitting clothes that you are able to change out of easily. You may wear or bring a warm pair of socks and sweater. Bring a case for your glasses if you bring them with you.
- Refrain from vaping, smoking (tobacco or marijuana) or using smokeless tobacco the morning of the procedure.
- You should not work or drive after your procedure for the remainder of the day.

Remember, your appointment could be rescheduled or cancelled if:

- You do not finish your prep or appropriately follow the prep instructions.
- You did not temporarily hold your blood thinner as directed.
- You consume any food or drink within 3 hours of your arrival time.
- You do not arrive for your appointment on time.
- You do not have a responsible adult (over the age of 18) to drive you home after your procedure.
- You have fever, COVID, flu, or upper respiratory infections.
- You do not bring a current medication list, including strength and dosage.
- You did not notify the office of changes in your medical history, medication, or upcoming procedures since scheduling your procedure.